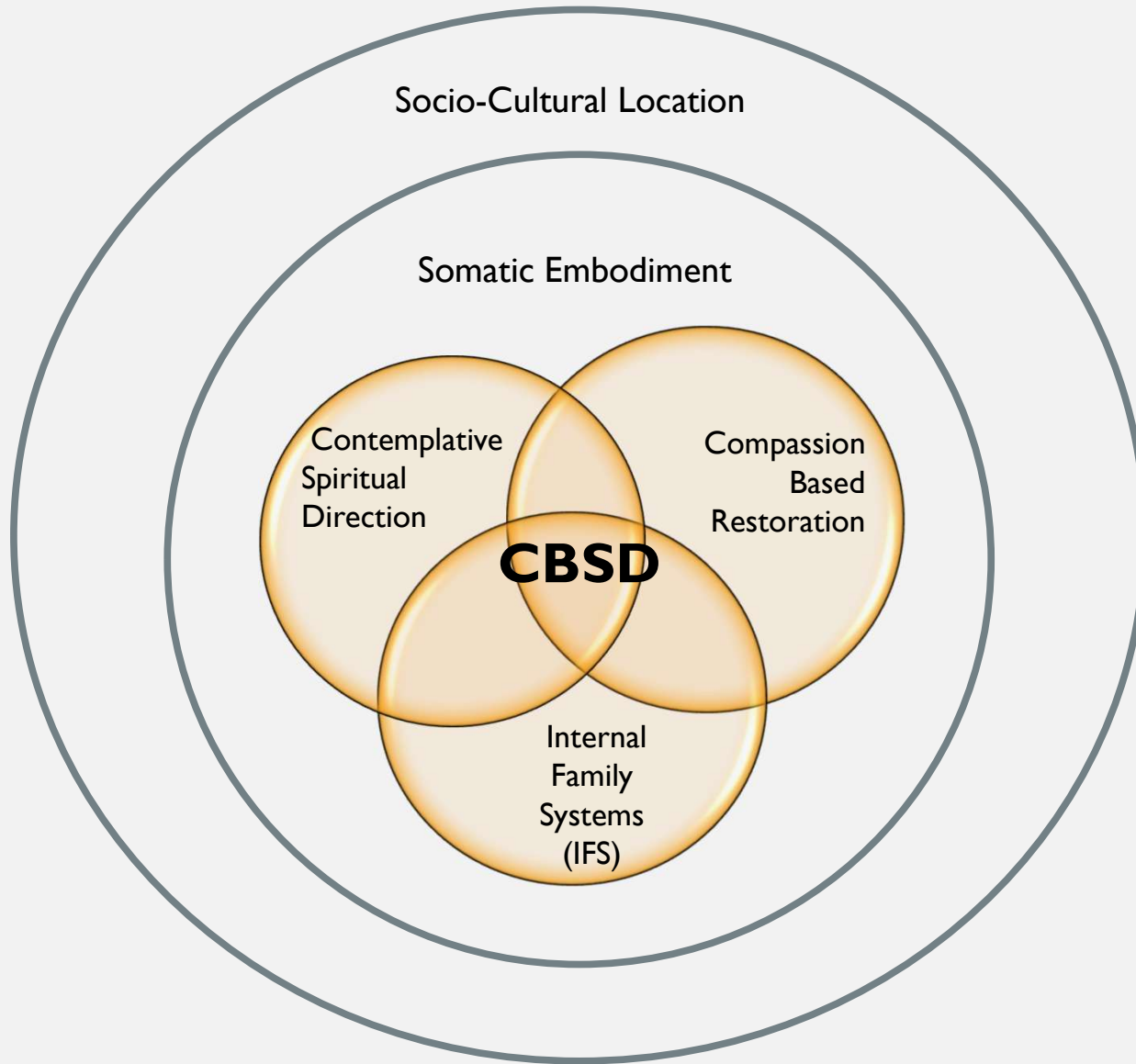




COMPASSION-BASED  
SPIRITUAL  
DIRECTION:

AN INTERNAL FAMILY SYSTEMS  
INFORMED APPROACH TO  
SPIRITUAL COMPANIONING

FRANK ROGERS JR.



FACILITATING AN  
IFS-INFORMED  
CBSD SESSION

DIANA COMES TO  
SPIRITUAL DIRECTION  
STILL FUMING

# I) REMEMBER OUR GOAL FOR THEM

- **Our Primary Goal:**
  - Holding them in compassionate Self-essence
- **Our Secondary Goal (Unattached to the Outcome)—When they are enmeshed in their Parts:**
  - Them Accessing their Self-Essence
  - Their Sacred Realignment
  - Their Self-Leadership—Them tending to their Parts and Living from Self
- This entails restoring their PULSE:
  - P - Paying Attention: Their contemplative awareness of their Parts as opposed to being possessed by them
  - U - Understanding: Them hearing their Part's soul cry
  - L - Loving with Connection: Them tending to their Part's needs
  - S - Sensing the Sacred: Them realigning with the Sacred they know
  - E – Embody New Life: Them discerning how to live tending to their Parts, grounded in Self-essence, and aligned the Sacred
- This means they are not dependent on us
- This the genius of spiritual direction

2) INVITE THE DIRECTEE  
TO  
TAKE THEIR OWN 'PULSE'

- P - Paying Attention “A long, loving look”
  - A) Be present and mirror empathically
  - B) Name and normalize their Parts
  - C) Invite their contemplative awareness (Unblending)
    - If they have trouble:
      - Engage their body
      - Engage their imagination
      - Connect with the Sacred
      - Create internal space between the them & the Part
      - Externalize the Part
  - D) Assess their Self-energy (“How do you feel toward that Part right now?) Common secondary parts:
    - Fixing it
    - Fearing it
    - Judging it
    - Analyzing it
    - Etc.

CONTINUE TAKING  
THEIR 'PULSE'

- U - Understand Empathically (invite them to listen to the deep cry or FLAG within their Part)
  - F - What is the deep fear of the Part
  - L - For what does the Part most long?
  - A - Is there an aching wound still tender?
  - G - Is there a gift in this part being stifled?
- L - Love with Connection (invite them to care for their Parts)
  - What does your Part most need to feel heard, honored, and tended?
  - What is the deep truth this Part needs to hear?

CONTINUE TAKING  
THEIR 'PULSE'

- S - Sense the Sacred (invite them to sense how the Sacred they know might want to be with their Parts)
- E - Embody New Life
  - Absorb any gift from the session
  - Integrate secondary Parts
  - Discern next steps: how to embody their best Self in their lives while honoring their parts)

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